



Properties of Hypotensive Plants Growing in Uzbekistan

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Abstract: Loch narrowleaf - (*Elaeagnus angustifolia* L.).

Pharmacological properties: preparations of Loch narrowleaf are less toxic, have an anticholinergic effect, and also have a positive effect on the respiratory system and cardiac activity, reduces blood pressure. It is used in the treatment of diseases of the intestines, stomach, pancreas, kidneys and heart. Berries have a calming effect, enhance the effect of sleeping pills, suppress target reactions, and prevent the development of anger and aggression. Pshatin, a concentrate of colloids and tannins, is obtained from the fruits. Pshatin is used as an astringent for enterocolitis and other diseases of the digestive system. When patients take the drug inside, the functions of the digestive system and the general condition improve; mouth rinses for inflammatory diseases of the oral cavity. Fruit tincture is used for the same purpose in folk medicine.

Application: Fresh leaves of the plant are used for gout, sciatica, they are applied to purulent and long-term non-healing wounds to eliminate inflammation and rapid healing, the bandage is updated daily. Finely chopped fruits goof narrow-leaved and large plantain leaves are good remedies for hemorrhoids. A tincture of the bark is useful in stopping bleeding. Fresh juice is effective for malaria and hypertension. A decoction of the fruits of the narrow-leaved sucker: 30 g of fruits are poured into 1 cup of boiling water, boiled for 30 minutes in a closed glazed dish in a water bath. Then the broth is filtered in heat through several gauze, squeezed and brought to its original size. Use 2 tablespoons warm 3-4 times a day before meals. The decoction can be stored in the refrigerator for up to 2 days. The decoction is effective for respiratory diseases, colds and high fever, inflammatory diseases of the colon and stomach, enterocolitis, diarrhea, intestinal catarrh, stomach diseases, rinsing is useful. Tincture of flowers: 6 g of flowers and leaves are poured into 1 cup of boiling water, left in a water bath for 15 minutes, passed through a strainer, squeezed and brought to the original size. A third of a glass is drunk 3 times a day before meals. *Angustifolia* tincture is used for hypertension, diseases of the upper respiratory tract, to reduce temperature, strengthen the heart muscle, edema, goiter, colitis, and as an anthelmintic. Food consumption. Fruits are added to soups, breads, pancakes and other dishes, both freshly cut and crushed. Together with various fruits, they are used to make compotes. The wine is prepared with a unique tart aroma. Used for decorative and other purposes. Easily adapted to bushing, transplanting, air pollution, its silvery leaves, fragrant flowers, bright bark are a very valuable and unique plant for parks and gardens. It has a very decorative look on a dark green background. It can also be used as a living wall, but it must be hilled regularly, otherwise it will quickly turn into a tree. Pruning is done at the beginning and end of summer. It is used as a crop for strengthening the banks of dams, rivers and canals, for fencing fields. It is an early honey plant that mainly produces nectar. Honey content up to 200 kg/ha. Honey is yellow-brown in color, has a unique taste and smell. The bark and leaves are used for dyeing leather and cooking. The wood is characterized by high viscosity, density, good water resistance, it is

used for the production of musical instruments and furniture. Gum is used to make paints, adhesives and varnishes. It is used as an emulsifier and binder in the manufacture of tablets.

Ordinary harmala (*Peganum harmala* L.)

Pharmacological properties: Frankincense alkaloids have a relaxing effect on smooth and transverse (including cardiac) muscles. Garmin has a psychosomatic effect, causes euphoria, visual hallucinations, autometamorphopsia and optic-vestibular phenomena (feeling of relaxation and vibration of the body; shaking of surrounding objects). Harmine, contained in the plant, stimulates the motor centers of the cerebral cortex (such as camphor) and the central nervous system, reduces blood pressure, speeds up breathing, relaxes the muscles of the intestines, uterus and heart, and dilates peripheral vessels. But in large doses it can cause convulsions. The alkaloid peganin (peganine hydrochloride) acts as an anticholinesterase agent, that is, it stimulates the smooth muscles of the uterus and intestines, enhances bile secretion, has a bronchospastic effect, has a negative inotropic effect on the heart, reduces the amount of blood in the vessels of the heart, and is also used as a laxative in the treatment of constipation and intestinal atony.

For medical purposes, incense seeds are used less often, more often grass. Deoxypeganine hydrochloride has anticholinesterase properties and is used in the treatment of various forms of myopathy and myasthenia gravis, as well as chronic constipation and intestinal atony of various origins. Harmine, contained in frankincense seeds, is used in the treatment of complications of epidemic encephalitis, tremor paralysis and Parkinson's disease.

In folk medicine: tinctures and decoctions of the bergenia plant are used as a stimulant of the central nervous system, sedative, analgesic, anti-inflammatory, stimulant, anthelmintic, antiseptic, diaphoretic and diuretic.

Walnut (*Juglans regia* L.)

Medicinal properties of walnuts: Nut preparations have bactericidal, anti-inflammatory, antisclerotic, anthelmintic, tonic, astringent, decongestant, laxative (root bark), moderately reduces the amount of sugar, have hemostatic, wound healing properties. The leaves have wound healing, antimicrobial and anti-inflammatory properties. Walnuts contain a lot of magnesium, which has a vasodilating and diuretic effect, as well as a lot of potassium, which can remove sodium from the body and increase urination. All this contributes helps reduce blood pressure. Nuts are consumed raw, chopped and roasted. They are used to make jam or mixed with honey. Crushed kernels with honey are very useful for people suffering from tuberculosis, cancer and general weakness. Nuts are an excellent remedy for hyperacid gastritis or peptic ulcer, increase the secretion of gastric juice. Nuts are used as an anthelmintic remedy for small worms. Crushed nuts are used to treat bruises, taken orally to treat stomach ulcers. A decoction of the leaves is drunk for sclerosis of the vessels of the head and heart, tuberculosis, rickets in children, it improves metabolism and lowers blood sugar levels; externally - used as a means for washing wounds during washings, baths, purulent rashes, ringworm, eczema, as well as for rinsing the mouth and throat with various inflammatory diseases and bleeding gums. Walnut shell jam is used for inflammatory processes in the kidneys or for chronic nephritis or pyelonephritis. Walnuts and walnut oil are dietary products for atherosclerosis, useful for liver diseases and chronic colitis with constipation. In folk medicine, walnut oil is considered the best remedy for gangrene around the eyes, scurvy and perforation. The oil was used for urolithiasis, menstrual disorders, was used to lubricate the skin affected by lichen, and was also used as an ointment for burns and chest cracks. Traditional medicine recipes: Tincture of walnut leaves: pour 1 tablespoon of dried crushed leaves with 2 cups of boiling water and leave for 1 hour, let cool for 2 hours, with diabetes, sclerosis of the vessels of the head and heart, metabolic disorders, drink 2-3 times a day for 20 minutes before meals to improve and reduce hemoptysis in pulmonary tuberculosis. The same tincture can be used to rinse the mouth and throat with various inflammatory diseases and bleeding gums. Tincture of walnut leaves: 50 g of walnut leaves are infused in 1 liter of boiling water, let it brew for 2 hours - with enterocolitis, ascaris, this tincture is drunk during the day. Infusion of walnut leaves: pour 1 tablespoon of leaves or green peel of fruits with 1 cup of boiling water, leave for 1 hour, strain. Drink 1-3 cups 3 times a day before meals as a tonic for beriberi.

Instead of leaves, you can use the bark of roots and branches, which have a laxative effect. Tincture of walnut leaves for external use: 0.5 kg of crushed dried or 2 kg of freshly picked walnut leaves (mixed with flowers or unripe fruits), pour 1 bucket of boiling water (8-10 l), boil for 30 minutes. boiled at 37-40 °C, diluted in a ratio of 1:1 and taken in baths for skin diseases, childhood diathesis, and inflammation of the lymph nodes. The bath is taken up to 10-15 times. Preparation of a decoction of ripe walnut seeds: 40 g of raw materials are poured into 0.5 liters of boiling water, heated for 1 hour on low heat, with diabetes, they drink 15 ml 3 times a day before meals. Walnut tincture: 15 crushed and unripe fruits are placed in a 0.5 liter container, poured with 70% alcohol and left in the sun for 14 days. Take 20-30 ml after meals for gastritis, enterocolitis, diarrhea, diabetes, neoplasms, and also as a vitamin and general tonic. A decoction of the shells of walnut seeds: the inner shells are separated from 20-25 walnuts, they are poured with 100 ml of 70% alcohol, insisted for 7-10 days and 15-20 drops in 30-50 ml of boiled water 3 times a day inside with mastopathy and uterine myoma. The course of treatment is 2 months. It can be repeated after a break of 7-10 days. Tincture of walnut seeds: 1 tablespoon of dry seeds is added to 200 ml of 70% alcohol or strong vodka, kept in a dark place for 14 days, shaking occasionally, filtered, squeezed. With tremor, nervous diseases, diarrhea, chronic colitis, diabetes mellitus, hypertension, drink 1 teaspoon 3 times a day, the course of treatment is 15-30 days. Juice squeezed from young and fresh walnut leaves is used externally for fungal skin diseases, purulent inflammation of the middle ear. Juice obtained from the peel of a walnut, gargle with sore throat. Walnut gum is used as a powder to treat wounds. Fresh walnut leaves are applied to wounds and sprains. The boiled leaves are soaked in hot water. For the same purpose, you can prepare the following ointment: 100 ml of vegetable oil is poured into 15 g of dry chopped walnut leaves, boiled in a water bath for 1 hour after 7-8 days, filtered twice through cheesecloth and boiled again. 30 minutes, then add 15 g of wax and stir until it cools.

Plantain Large (*Plantago major* L.)

Application in medicine: Juice obtained from fresh psyllium leaves is effective in chronic gastritis, peptic ulcer of the stomach and duodenum with normal and low acidity of gastric juice. The presence of phytoncides in the plant provides the antimicrobial effect of the drug. An aqueous tincture and freshly squeezed juice from the leaves of the plant quickly cleanse wounds and promote their healing. These drugs are used in the form of lotions and washes for bruises, deep cuts and wounds, chronic wounds, holes, purulent wounds, acne. In addition, well-washed fresh leaves are used as a compress for purulent wounds and furunculosis. Vitamin K in its composition increases blood clotting, which prevents severe bleeding. The plant has anti-inflammatory properties, so it is very effective for various inflammations. First, preparations based on psyllium a mostly they allow to treat some skin diseases (dermatitis, psoriasis), secondly, they improve and treat diseases of the oral cavity (stomatitis, gingivitis) and upper respiratory tract (tonsillitis, sinusitis), accelerate the process. Plantain - is mostly used in the treatment of certain diseases of the genitourinary and excretory systems, for example, nephritis, enuresis, etc. The plant is used for bronchitis and other diseases due to its expectorant effect. Its ingredients have a detrimental effect on some pathogenic microorganisms, such as staphylococci, *Pseudomonas aeruginosa* and others. It can also be used for damage to the cornea of the eye. Due to the beneficial properties of the plant, it is also considered positive in the treatment of diseases of the female genital organs. Plantain - can treat diseases such as adnexitis, myometritis, parametritis and endometritis.

You can get rid of fatigue and weakness, as well as severe fatigue and the effects of stress. Such a natural remedy can also be used for hypertension, as it helps to normalize blood pressure. Plantain most often used as a mild sedative. Some people apply the leaves to their temples and forehead when pain occurs. It really helps because the plant is an effective natural pain reliever.

Reven Maksimovich (*Rheum maximowiczii* Losinsk.)

In folk medicine, it is recommended to use young leaves and stems of burdock, freshly squeezed juice or compote prepared from them, as a tonic, anti-anemic, antipyretic, hypotensive agent. It is also recommended for low-acid gastritis, hepatitis, cholangitis, gallbladder dyskinesia, tuberculosis, chronic constipation, anemia, hypertension, polyarthritis, malaria. Appetite and general condition

improve, pain decreases, blood pressure decreases, the number of red blood cells and hemoglobin in the blood increases, stool normalizes.

Reven Maksimovich should be dried in the sun and stored in a dry place. A decoction of dried stems is prepared according to the following recipe: 2 tablespoons of dried dill stems (20-30 g) pour 1-1.5 cups (200-250) boiling water and boil over low heat for 30 minutes. Fenugreek tincture is recommended for hypertension, nose and internal bleeding, anemia.

Considers it useful for patients with atrophic and low acid gastritis due to the presence of organic acids and vitamins (primarily vitamin C) in rhubarb. Increases the secretory function of the stomach, improves appetite, increases the resistance of the capillaries of the gastric mucosa. Reven also improves the antitoxic function of the liver and is useful for patients with mild forms of hypertension.

Fiber and pectin in Reven improves the digestive function of the stomach, so it is recommended for older people with constipation. In malarial fever, drinking the juice of the stems and bunches of fennel leaves helps to reduce the temperature. Due to the fact that it neutralizes toxins, it reduces the toxic effect in infectious colds. Due to the high content of potassium, it is useful for patients with heart disease. This is due to its diuretic effect. Wild and cultivated reven is widely cultivated as a vegetable crop. Before use, young leaf strips or stems are cleaned from the upper part, divided into separate pieces and salted to taste.

Young and succulent branches have a bitter-sour taste, mature and succulent stems have a slightly sour-sweet taste. Jams, compotes, salads, jelly, juices, vegetable soups, marmalade, candied fruits and other products are prepared from young peeled reven branches.

Warning: Reven should be given on an empty stomach to patients suffering from low acid gastritis or gastric and duodenal ulcers. These patients experience severe stomach pain 10-15 minutes after taking it. Reven stems contain a large amount of oxalic acid, which reacts chemically with calcium salts in the body and forms insoluble salts - oxalates. The formation of oxalates in the intestines disrupts the absorption of calcium salts in the intestines, at the same time, after absorption into the blood; shavulic acid easily binds to calcium, thereby increasing the concentration of oxalates in the blood. This pair is very dangerous for patients with hypothyroidism, as well as for children and pregnant women, since as a result of calcium deficiency, muscle spasms, blood clotting disorders, and widespread bone fractures (with prolonged use) can occur.

An increase in the amount of oxalates in the blood leads to the formation of kidney stones. It is forbidden to take reven root preparations during pregnancy and acute inflammation of the intestine. Recipe. Steep 2 tablespoons dried fennel stalks in 1/2-1 cup boiling water for 30 minutes. It is taken for hypertension, nose and internal bleeding and anemia.

Richter's Solyanka (*Xylosalsola richteri* (Moq.) Akhani&Roalson.)

Preparations from this plant have hypotensive, sedative, vasodilating and analgesic properties. Salsolin and salsolidin are used to treat hypertension, headache, and cerebrovascular spasm. Salsolin has a calming effect. Salsolidin has the same effect, but it is 3 times weaker than salsolin. Recently, in the treatment of hypertension, the substances salsolin and salsolidin in a ratio of 1/5 with 70% alcohol are used in the treatment of pain in the heart caused by increased blood pressure, headache, dizziness, nervousness.

Contraindications: Circulatory disorders, kidney and liver diseases. Thanks to its soothing properties, Richter's boletus is used in folk recipes for the treatment of many diseases. Decoction recipe. Put 20 grams of raw materials in 200 ml of water and boil for 5 minutes. Drink 1 tablespoon 3 times a day. Tincture Recipe. 1 tablespoon of crushed fruits is mixed with 100 ml of vodka and kept for 10 days. Drink 60 drops 3 times a day. It should be carried out under medical supervision.

Ephedra horsetail (*Ephedra equisetina* Bunge.)

It is used for vasoconstriction, increased blood pressure. Expands the bronchi and pupils, inhibits the activity of the intestines, increases the level of sugar in the blood. Compared to adrenaline, it does

not have a strong effect, but the effect persists for a long time. In addition, it improves the functioning of the central nervous system and increases the excitability of the respiratory center. Ephedra horsetail used for bronchial asthma, whooping cough, rhinitis, low blood pressure, chills, motion sickness, poisoning, as well as in eye practice. It is part of the drug theofedrin, used in bronchial asthma.